



OUR LADY OF MOUNT CARMEL

CATHOLIC CHURCH & SCHOOL

300 Fulton Street, Redwood City, CA 94062

Phone: (650) 366-3802

Feb. 1, 2026



4TH SUNDAY IN ORDINARY TIME

"Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad, for your reward will be great in heaven." - Mt 5:10-12a

"Dichosos los perseguidos por causa de la justicia,
porque de ellos es el Reino de los cielos.

Dichosos serán ustedes cuando los injurien, los persigan y digan cosas falsas de ustedes por causa mía. Alégrese y salten de contento,
porque su premio será grande en los cielos". - Mt 5, 10-12

Excerpts from the Lectionary for Mass (2001), 1999, 1970 CCD.
Lectorales © 2007 Comisión Episcopal de Pastoral Litúrgica de la Conferencia del Episcopado Mexicano.

Ash Wednesday
Day of Imposition of Ashes
Feb. 18, 2026

Mass (English)

@ 8:15am

Lit. of the Word (English)

@ 6pm

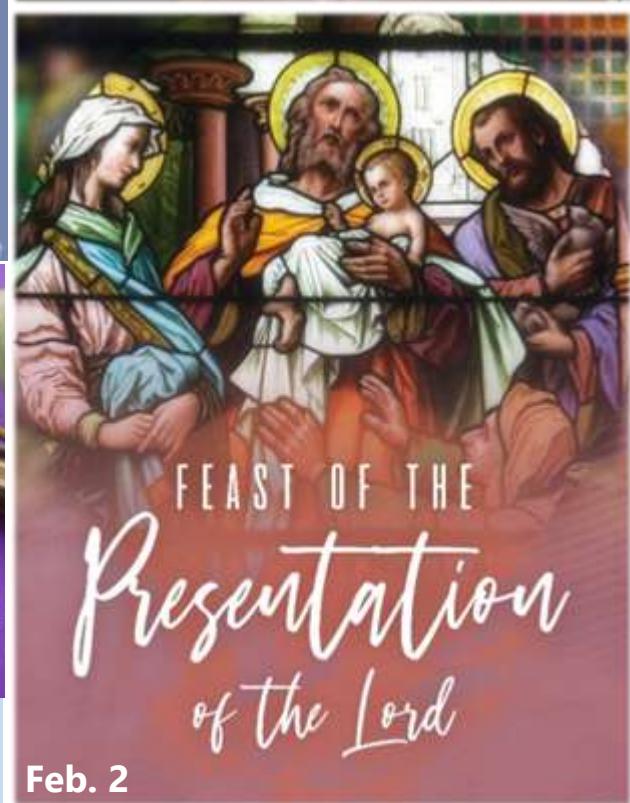
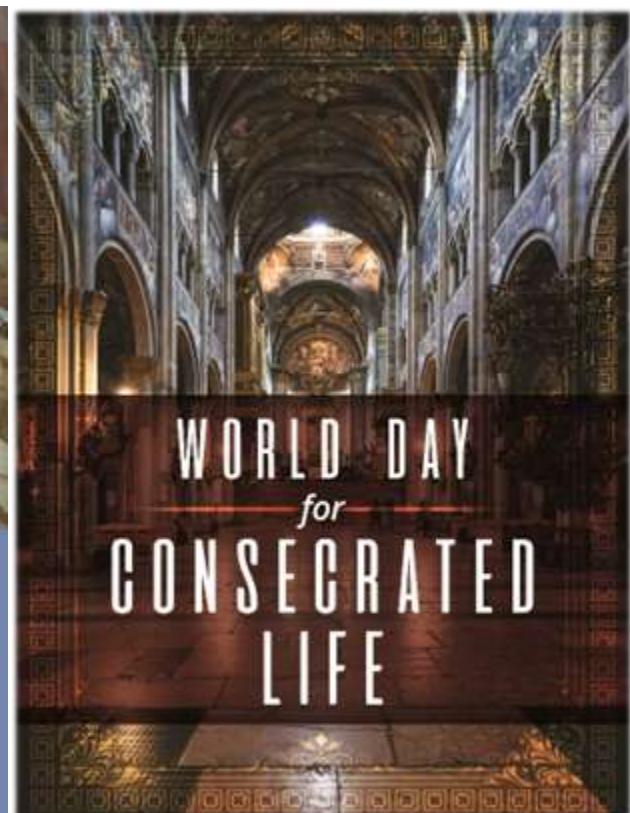
Lit. of the Word (Spanish)

@ 7pm



Archdiocesan Annual Appeal 2026

Goal: \$72,794



PARISH MASSES & LITURGIES

DAILY MASS:	Monday - Saturday, 8:15 AM
SATURDAY VIGIL MASS:	5:00 PM - English
SUNDAY MASSES:	8:00 AM, 10:00 AM - English; 12:00 PM - Español
1st FRIDAY Devotion:	Eucharistic Adoration follows the 8:15 AM Mass
CONFESIONS:	Saturdays, 3:30 PM - 4:30 PM
ANOINTING OF THE SICK, FUNERAL SERVICES or HOUSE BLESSING:	Please call the Parish Center to set an appointment.
BAPTISM - Monthly:	Second Saturday: 10:00 AM - English El cuarto sábado: 10:00 AM - Español Please call at least 2 months prior to the approved date of baptism.
QUINCEAÑERA MASS:	Saturdays at 12 noon. Subject to availability. Please call at least 5 months prior to the approved date of the Mass. Suggested donation is \$500. Stipend for a musician is a separate fee and it depends on availability. Initial deposit required to reserve the date. Our Hall is not available for receptions.
MARRIAGE:	Saturdays at 12 noon. Subject to availability. Please call at least 6 months prior to the approved date of the wedding. Suggested donation is \$700. Stipend for a musician is a separate fee and it depends on availability. Initial deposit required to reserve the date. Our Hall is not available for receptions.

PARISH CENTER HOURS - Monday-Friday **8:30AM-4:00PM**, break from 12PM-1PM

CLERGY

Administrator: *Rev. Fr. Andy De Guzman*
Hospital Chaplain: *Rev. Fr. Ernie Jandonero*
Deacon: *Rev. Mr. Raymond Smith*
Deacon: *Rev. Mr. Ricardo Escobar*

adeguzman@mountcarmel.org
frerniej@sfhealingandprayer.com
rsmith@mountcarmel.org
rescobar@mountcarmel.org

LAY STAFF

Parish Secretary: *Luke Mulhall*
Director, Liturgy: *Maria Cornell*
Director, Religious Ed: *Magdalena Hernandez*
OCIA: *Rev. Mr. Raymond Smith*
Confirmation: *Johanna Rasmussen*
Music Cantors: *Kristen Lapinig & Leodan Guerra*
School Principal: *Jennifer Bruzzone*

lmulhall@mountcarmel.org (650) 366-3802
mcornell@mountcarmel.org (650) 446-5802
mhernandez@mountcarmel.org (650) 368-8237
rsmith@mountcarmel.org (650) 366-3802
jrasmussen@mountcarmel.org (650) 366-3802
jbruzzone@mountcarmel.org (650) 366-6127



Pray for our departed parishioners
May they rest in peace
AMEN.



Adoration Chapel
*Open Sundays through Saturdays
from 9am to 9pm*

Community prayer for all the sick at the Church every **2nd Tues of the month** at 7pm.

Clergy Message

The Gospel this Sunday (Mt. 5:12-23) is popularly known as the Beatitudes. This word came from the Latin noun, *beatitudo* which means a state of blessedness or happiness.

In the gospel today there are eight or nine “blessedness” recounted by the Lord.

The Catechism says:

1717 The Beatitudes depict the countenance of Jesus Christ and portray his charity. They express the vocation of the faithful associated with the glory of his Passion and Resurrection; they shed light on the actions and attitudes characteristic of the Christian life; they are the paradoxical promises that sustain hope in the midst of tribulations; they proclaim the blessings and rewards already secured, however dimly, for Christ's disciples; they have begun in the lives of the Virgin Mary and all the saints.

This paragraph is quite loaded with information for a better understanding of the Beatitudes.

“They are the paradoxical promises that sustain hope in the midst of tribulations.”

They are paradoxical in that, the way the Lord views blessedness is not the same as the world views blessedness - in a simple term happiness.

Perhaps you have your own definition of happiness. Some might view difficulties, sadness, persecution as the opposite of happiness; more so of blessedness.

I remember the words of the Lord from the book of the Prophet Isaiah:

8 “For my thoughts are not your thoughts, neither are your ways my ways,” declares the Lord.

9 “As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts. (Is. 55)

The Lord teaches us to live and be truly happy in this world and in the next life. And if you are going through any of these, you have hope and joy.

Fr. Andy

El Evangelio de este domingo (Mt. 5:12-23) es popularmente conocido como “The Beatitudes” (ingles). Esta palabra proviene del sustantivo latino *beatitudo*, que significa un estado de bendición o felicidad.

En el evangelio de hoy hay ocho o nueve “bienaventuranzas” contadas por el Señor.

El Catecismo dice:

1717 Las bienaventuranzas dibujan el rostro de Jesucristo y describen su caridad; expresan la vocación de los fieles asociados a la gloria de su Pasión y de su Resurrección; iluminan las acciones y las actitudes características de la vida cristiana; son promesas paradójicas que sostienen la esperanza en las tribulaciones; anuncian a los discípulos las bendiciones y las recompensas ya incoadas; quedan inauguradas en la vida de la Virgen María y de todos los santos.

Este párrafo está bastante cargado de información para una mejor comprensión de las Bienaventuranzas.

Son promesas paradójicas que sostienen la esperanza en las tribulaciones.

Son paradójicas en que, la forma en que el Señor ve la bienaventuranza no es la misma que el mundo ve la bienaventuranza - en un término simple la felicidad.

Tal vez tienes tu propia definición de la felicidad. Algunos podrían ver las dificultades, la tristeza, la persecución como opuestas a la felicidad; más aún de la bienaventuranza.

Recuerdo las palabras del Señor del libro del profeta Isaías:

8 Porque los pensamientos de ustedes no son los míos, ni los caminos de ustedes son mis caminos –oráculo del Señor–.

9 Como el cielo se alza por encima de la tierra, así sobreponen mis caminos y mis pensamientos a los caminos y a los pensamientos de ustedes. (Is. 55)

El Señor nos enseña a vivir y ser verdaderamente felices en este mundo y en la futura vida. Y si estás experimentando alguna de estas cosas, tienes esperanza y alegría.

LAY ORGANIZATIONS

- Mental Health Ministry
- Good Grief Ministry
- Legion of Mary (Eng & Sp)
- Rosary Group
- The Prayer Warriors
- Society of St. Vincent de Paul
- Pro Life 40 days for Life Group
- The Sto. Niño Group
- El Grupo Guadalupano
- Lazos de Amor Mariano
- El Grupo Aliento de Oracion
- OCIA – Catechists
- Bible Study Group
- Men's Club
- Women's Club

Liturgical ministries:

- Altar servers
- Lectors & Holy Communion ministers
- Hospitality: Ushers and Greeters
- Music Ministry
- Liturgical Environment

MASS INTENTIONS FOR THE WEEK

Sat., Jan. 31

5:00 PM † Maureen Wright

Sun., Feb. 1

8:00 AM † Absi, Jones & Nehma Families
10:00 AM † Peggy Clifford
12:00 PM For all parishioners

Weekdays at 8:15 AM

Mon., Feb. 2 † Hildegard Stern
Tues., Feb. 3 † Fel Baptista
Wed., Feb. 4 † Mary Louise Liberati
Thurs., Feb. 5 † Marlene Muscat
Fri., Feb. 6 † Dave Gonzales
Sat., Feb. 7 † Camille & Ray Torres

2nd Collection: Feb. 1 - Facility Repair & Improvements Feb. 8 - Religious Education
Feb. 15 - Liturgy Fund Feb. 22 - AAA

Registration: If you are new in our community, welcome! [Register at: mountcarmelrc.org/registration](http://mountcarmelrc.org/registration)
Registered parishioners may also update their information on the website.

Mental Health Ministry

Call: Maria Koenigsberg @
(650) 366-3802
Or email us at:
olmcmentalhealthministry@gmail.com

Good Grief Ministry



Call: Maryann Gonzales @
(650) 366-3802
The ministry meets **every 2nd & 4th Thurs of the month** 6pm at the Parish Center.

The number to call
for mental health crisis
support in
San Mateo County

(650) 579-0350

For help from local mental health
counselors 24/7 during mental
health crisis, substance use issue,
or thoughts of suicide.

Saints of the Week

- St. Blase, bishop and martyr (Feb. 3)
- St. Agatha, virgin and martyr (Feb. 5)
- St. Paul Miki and companions, martyrs (Feb. 6)

1625 *Saint Blase* was the bishop of Sebaste in Armenia during the fourth century. Very little is known about his life. According to various accounts he was a physician before becoming a bishop. His cult spread throughout the entire Church in the Middle Ages because he was reputed to have miraculously cured a little boy who nearly died because of a fishbone in his throat. From the eighth century he has been invoked on behalf of the sick, especially those afflicted with illnesses of the throat.

(from the Book of Blessings)

The Serenity Prayer

God, grant me the serenity
to accept the things I cannot change
the courage to change the things I can
and the wisdom to know the difference.

Living one day at a time,
enjoying one moment at a time.
Accepting hardships as the pathway to peace.
Taking, as he did, the sinful world as it is,
not as I would have it.
Trusting that he will make all things right
if I surrender to His will;
that I may be reasonably happy in this life,
and supremely happy with Him forever.

— Reinhold Niebuhr, 1892-1971

Peace Prayer

*Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.*

*O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal
life. Amen.*

Catechism of the Catholic Church

Jesus was buried and He descended into hell

629 To the benefit of every man, Jesus Christ tasted death (cf. Heb 2:9). It is truly the Son of God made man who died and was buried.

630 During Christ's period in the tomb, his divine person continued to assume both his soul and his body, although they were separated from each other by death. For this reason, the dead Christ's body "saw no corruption" (Acts 13:37).

636 By the expression "He descended into hell", the Apostles' Creed confesses that Jesus did really die and through his death for us conquered death and the devil "who has the power of death" (Heb 2:14).

637 In his human soul united to his divine person, the dead Christ went down to the realm of the dead. He opened heaven's gates for the just who had gone before him.

Women's Club

Thursday, Feb. 5th
Small Hall @ 6:00 pm

Always a great evening of fellowship

Dinner, drinks, raffle, and fun!

\$20

Bring a friend...First timers are free
Hope to see you there!

Proceeds to benefit OLMC Parish

Holy Land products for Sale

Feb. 7th (5pm) & 8th (8am-1pm)

This mission provides financial support to the minority Christians in Israel and Palestine by offering their religious artistic olive wood carvings for sale at churches.

God chose the foolish of the world to shame the wise, and God chose the weak of the world to shame the strong, and God chose the lowly and despised of the world, those who count for nothing, to reduce to nothing those who are something, so that no human being might boast before God. (1 Cor. 1:27-29)

Invest in your marriage today!

THE OFFICE OF MARRIAGE & FAMILY
OF THE ARCHDIOCESE OF SAN FRANCISCO
invites you to join us for

Adventures in Marriage

a short course for your marriage that's
Faith! - Fun! - Forever!

YOU'LL DISCOVER WAYS TO:

- Communicate more clearly!
- Improve understanding!
- Make marriage a priority!
- Learn to love like jesus!

\$50
PER COUPLE
Includes 2 lunches, all materials, and CHILD CARE

Scholarships available

This skills for marriage building day combines Catholic teaching with the latest relationship research to let couples experience practical, attainable skills for a more successful marriage.

Create the marriage you want with the spouse you have!

SAINT MARK Catholic Church Saturday **Feb 7** More Info
325 Marine View Ave, 8:30 am - 4:30 pm
Belmont, CA 94002 contact: Ed Hopfner
hopfner@sfarch.org

To register, **SCAN QR CODE** or visit: www.sfarch.org/aim

LIFE-GIVING Wounds

Healing Retreat

for Adult Children of Divorce

Feb 27 - Mar 1, 2026

Vallombrosa Retreat Center
250 Oak Grove Ave, Menlo Park, CA

Weekend retreat will include Holy Mass, opportunities for Confession and Adoration.



A Standard of Excellence.

Our rigorous, Catholic education prepares students for a lifetime of academic success.

APPLICATIONS OPEN
FOR 2026-2027
SCHOOL YEAR

[LEARN MORE](#)

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A JOURNEY OF FAITH
Presents

**No Greater Love:
A Biblical Walk through Christ's Passion**
By Dr. Edward Sri

*A Perfect Bible Study for Lent
Open to all Parishioners*

February 25th – March 25th
(All Wednesdays - **5 sessions only!**)
7:00-8:30pm
Old Chapel, Parish Center

**It is FREE! Call the Parish office to register.
Limited seats available.**

See Poster for more details

Feast of the Presentation of the Lord

This feast was originally celebrated in the Eastern Churches as "The Meeting" or "Encountering" (Hypapante), in the Church mankind meets the Lord. By the sixth century it began to be celebrated in the West, where the focus became the Purification of the Blessed Virgin Mary and was accompanied by solemn blessings and processions with candles; hence, it is popularly called "Candlemas." By the offerings of the Blessed Virgin Mary and St. Joseph and the prophecy of St. Simeon, the life of Christ here begins to point toward his Resurrection.

(from the Book of Blessings)

The Beatitudes

*"Blessed are the poor in spirit,
for theirs is the kingdom of heaven.
Blessed are they who mourn,
for they will be comforted.
Blessed are the meek,
for they will inherit the land.
Blessed are they who hunger and thirst
for righteousness,
for they will be satisfied.
Blessed are the merciful,
for they will be shown mercy.
Blessed are the clean of heart,
for they will see God.
Blessed are the peacemakers,
for they will be called children of God.
Blessed are they who are persecuted for
the sake of righteousness,
for theirs is the kingdom of heaven.
Blessed are you when they insult you
and persecute you
and utter every kind of evil against you
falsely because of me.
Rejoice and be glad,
for your reward will be great in
heaven." (Mt. 5:3-12)*